

Monthly Events!

NEW! Gentle Chair Yoga with Optional Standing Poses

WHERE: Stagecoach Park Community Center, ACT
WHEN: Tuesdays, 11 a.m. to 12 noon, starting Sept. 4
Call 760-602-4650 for more information on this free class.

Carlsbad Newcomers host Marilyn McPhie

WHEN: Wednesday, Sept. 5, 9:45 to 11:30 a.m., ACT
Marilyn McPhie will give a reading based on the famous plays of William Shakespeare.

Dance: *The Pier Group*

WHEN: Thursday, Sept. 6, 1:30 to 3:30 p.m., AUD
Prizes and refreshments are graciously sponsored by Las Villas de Carlsbad. \$4.

Book Club



WHEN: Monday, Sept. 10, 1 to 2:30 p.m., MP
This month's book selection is *A Dog Called Hope*, by Jason Morgan. October's book selection is *Did You Ever Have a Family*, by Bill Clegg. The book club meets the 2nd Monday of every month and welcomes newcomers!

Movie: *Jumanji: Welcome to the Jungle*



WHEN: Thursday, Sept. 13, 1 to 3 p.m., AUD
Join us for the sequel to the 1995 original. Starring Dwayne Johnson, Jack Black and Kevin Hart. Free.

Organization Contacts

Aging and Independence Services for AIS assistance,
information for reporting abuse 800-510-2020
Carlsbad Housing & Neighborhood Services..... 760-434-2810
Carlsbad Police (Non-Emergency) & Fire Departments..... 760-931-2197
DayTripper Tours..... 800-679-8747
Elder Abuse in Facilities 800-640-4661
Health Counseling & Advocacy (HICAP)..... 800-434-0222
In Home Supportive Services, North County..... 760-480-3424
Medicare 800-633-4227
North County Coastal Mental Health Services 760-967-4475

Senior Center Contacts

Activities Coordinators, Valerie Fisher & Patti Gebel 760-602-4654
Dining Room Reservations (24 Hours) 760-602-4655
Facility Reservations, Robert Harvey 760-602-4659
Front Desk (general information) 760-602-4650
Home Meal Delivery, Vincent Rodrigues..... 760-602-4652
Elder Law Legal Assistance..... 760-439-2535 x 205

Carlsbad Senior Center • 799 Pine Avenue, Carlsbad, CA 92008 • 760-602-4650 • Mon-Fri, 8 a.m. to 5 p.m. & Sat, 9 a.m. to 1 p.m.

Digital Photo, iPad & Tech Classes

These **free** classes are taught by instructor Mike McMahon, and are **available on a first-come, first-served basis**.
The last 15 minutes of each class will be devoted to your questions. Please bring note-taking material.

Google Maps – Part 2 **NEW!**

Wednesday, Sep 19, 10 to 11:15 a.m., ACT
Google Maps is the great free mapping app for Windows and Mac computers and Apple's iOS and Android. Our instructor, Mike McMahon, will lead a discussion of some of the advanced features of this amazing software. Offline mapping is just one of the features that will be covered.

Google Earth – Essentials **NEW!**

Wednesday, Sep 19, 1 to 2:15 p.m., ACT
Google Earth is another amazing free app from Google. Use it to navigate anywhere on the globe and zoom in to see amazing detail of the topography of a location. Our instructor, Mike McMahon, will demonstrate how one can plot location markers, measure distances, and how to share your map notations with others.

Google Photos – Tips and Tricks

Wednesday, Sep 26, 10 to 11:15 a.m., ACT
Google Photos is now the favorite free photo organizing and editing app for many. In addition to its many features, it offers unlimited free storage of your photos and videos in the Google Photos cloud. Our instructor, Mike McMahon, will demonstrate some of the sharing and special project features of the software. Google Photos runs on mobile devices and on computer browsers.

Backup Strategies

Wednesday, Sep 26, 1 to 2:15 p.m., ACT
Our instructor, Mike McMahon, will review several strategies for easy and effective backup of your computer-based photos, videos, and other important files. A reliable backup is your best protection against the pitfalls of computer viruses and equipment failures. Cloud storage will be one option discussed.

Carlsbad Senior Center

Seaside Buzz

SEPTEMBER 2018 NEWSLETTER

City of
Carlsbad

Master Stress and Pain without Drugs – NEW!

WHO: Richard and Renee Wing
WHEN: Mondays, starting Sept. 10, 11:30 a.m. to 12:30 p.m., MP
Aging in our high-speed, anxious culture often produces fears, tensions, and self-destructive beliefs. The result: stress, illness, and pain. Drugs have possible side-effects and often produce addictions. Take control of your own wellness. Learn easy-to-use body/mind tools and strategies for healing conscious and unconscious fears, tensions, pains, and self-destructive beliefs.

How to Prevent Another Fall

WHO: Dr. Nicholas Raulino DPT
Level4 Physio-Wellness-Performance
WHEN: Thursday, Sept. 20, 10 to 11:30 a.m., ACT
Regain confidence and maintain independence... Without relying upon a shopping cart, walker, cane or a loved one to always help you get around!

The one-year mortality after a hip fracture due to a fall is up to 58%. It's basically a coin flip whether you will make it till your next birthday. We'll cover all bases to give individuals the life they deserve. This talk works from the preventative side, and will reveal key risk factors to prevent falls. Join us to learn about:

- What can cause a fall and a self-quiz to identify your risk
- How to prevent them
- What the next step is to seek the right help
- Key risk factors everyone should know to help yourself or a loved one

English Conversation Classes – NEW!

All Levels: Beginners to Advanced
WHEN: Fridays, from 1:30 to 3 p.m., starting Sept. 21, MP
Practice and improve your English in a friendly, supportive atmosphere! All are invited to join this new group to practice and improve their communication skills in English.

A variety of topics will be the focus of class discussion, both those Patty introduces and those you may bring with you. Discussion will range from common, everyday interactions with agencies such as the post office, banks, hospitals, stores, government agencies, etc. to news items of interest, TV shows, recipes and jokes—whatever gets you speaking more comfortably in English! Conversation in Spanish will be limited, even though the teacher likes the practice!

Class leader, Patty Kahr, is a certified ESL teacher with several years of teaching in Mexico, Nevada and New York City.

Successful Aging in Place: Healthcare Options

WHO: Kindra French, CAPS and David McGee
WHEN: Tuesday, September 25, 10:30 to 11:30 a.m., ACT
Join us the last Tuesday of each month to learn insights from professionals who share their expertise concerning specific aspects of how to age in place successfully.

Healthcare Options: Confused about healthcare? Wondering what is going to happen with continually evolving federal healthcare plans and how it effects your healthcare options? What about Long Term Care? Attend this informative and educational presentation by Greg McMullen and learn:

- The role of Mobile Doctors in access to health care
- How Long-Term Care can be used to extend your resources
- Benefits and limitations of Long Term Care

Seaside Singers Practices Resume Sept. 19

WHEN: Wednesdays, 1:30 to 3:30 p.m., AUD
Join our mixed four-part choral group directed by Jeff Sell who sing with piano accompanist, Violeta Petrova. New singers who can read music are always welcome, but are required to print their own sheet music. Practices resume Sept. 19.

Morningstar Investment Education Lectures

Presenter Shelley Murasko is thoroughly familiar with Morningstar's mutual fund investment education resources and bases her lectures on this content. Area residents have free access to this Morningstar guidance through the City of Carlsbad Libraries' online database. All classes are from 1:30 to 3 p.m., ACT

Sept. 10: Category Fund of the Month

A monthly session whereby lecture attendees will be schooled in the use of Morningstar analytics to thoroughly study the choice of a specific top-quality mutual fund.

Sept. 17: Morningstar Fund Investing Basics

These sessions delve into meaningful fund investing takeaways from Morningstar's Library Edition database of investing tools and analysis.

Sept. 24: The Morningstar Monthly Reader

Selected for their enduring mutual fund investing guidance, the presenters will provide their insightful commentary on selected Morningstar article archive postings.

Upcoming lectures: Oct. 15, 22 & 29

September 2018 Activities Calendar

New session start dates in blue
Senior Specials in red

ACT	Activity Room	CR	Conference Room	LG	Lounge	PARK	Pine Ave. Park
AUD	Auditorium	DN	Dining Room	MP	Multi-purpose Room	SPCC	Stagecoach Park Community Center
ART-S	Art Studio	DS	Dance Studio	P	Patio	119	Room 119
COM	Computer Room	GR	Game Room	PACC	Park Ave. Community Center	120	Room 120

Weekly Programs

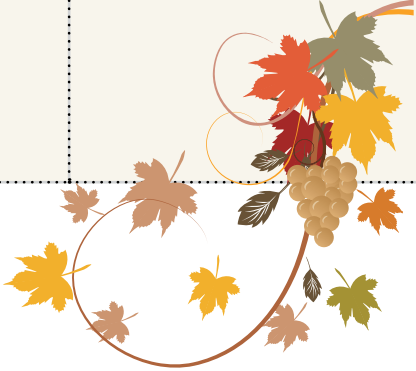


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 – 11 Writers Group MP 9 – 12 Spanish – Levels I, II & III ART-S 9:30 – 11 ** Spinal Fitness AUD 1:15 – 2:30 Line Dancing – High Beginner AUD	8 – 11 Needlecraft ART-S 9 – 11:30 Line Dancing – Improver/Intermediate AUD 11 – 12 † The Art of Meditation (9/4) DS 11-12 * Gentle Chair Yoga with Optional Standing Poses SPCC-ACT 12:30 – 4 Ping Pong ACT 12:30 – 4 Bingo AUD 1 – 3 Writing Our Lives ART-S 1 – 4 Chess DS 1 – 4 Double Deck Pinochle MP	9:30 – 11 5-in-1 Joy Class ART-S 9:30 – 11 ** Spinal Fitness AUD1 9:30 – 11:30 † Oriental Sumi-e Painting (9/12) MP 12:30 – 4:30 Mah Jongg GR 1 – 4 Ceramics ART-S 1 – 4 Sewing and Quilting Group MP 1 – 1:45 Hawaiian Dance – Beginner Basics DS 2 – 2:45 Hawaiian Dance – Beginner DS 3 – 4:30 Hawaiian Dance – Beg./Int. DS	8:45 – 9:45 † Pilates – Pilates/Yoga (9/6) AUD 10 – 11 † Yoga – Intermediate (9/6) AUD 11 – 12 † Beginning Tai Chi Kung (9/6) DS 1 – 2:10 † Heart Coherent Tai Chi Kung (9/6) DS 1:30 – 3:30 Carlsbad Tech Users Group (2nd, 3rd & 4th Thursdays) ACT 3:45 – 4:45 † Chair Yoga (9/6) DS	9:15 – 10:15 Spanish Flamenco Dance DS 9:30 – 11 ** Spinal Fitness AUD1 9:30 – 12:30 † Discover Your Inner Artist with Oil or Acrylic MP 12:30 – 4 Party Bridge AUD 12:30 – 4 Ping Pong ACT 12:45 – 2:30 Hawaiian Dance – Adv DS
Labor Day Senior Center open with limited services • No lunches • Limited classes	* Elder Law Legal Assistance 119 Armchair Theater: <i>Meet Me in St. Louis</i> LG	Carlsbad Newcomers – Guest Speaker: <i>Marilyn McPhie speaks on Stories Shakespeare Stole</i> ACT	Laughter Yoga Monthly Dance: <i>The Pier Group</i> Senior Commission Meeting	Stamp Collectors Meet
9:15 – 10:30 Primordial Sound Meditation (Intro 9:15 – 9:30) ACT 9:30 – 10:30 † Heart Coherent Tai Chi Kung DS 11:30 – 12:30 † Master Stress & Pain without Drugs MP 1 – 2:30 Book Club: <i>A Dog Called Hope</i> , by Jason Morgan ACT 1:30 – 3 Morningstar Investment Education Lecture: Category Fund of the Month ACT 2:45 – 4 † Yoga: Intermediate with Visualization AUD 3 – 4:15 † Gentle Yoga DS	9:45 – 10:45 † Live Long: Do Qigong! DS	9:30 – 11:30 * Diet & Nutrition Counseling 120	9 – 10 † Aerobic Dancing - Lite! DS 9 – 11:30 † Intermediate Watercolor ART-S 10 – 1 * HICAP Health Insurance Counseling 120 10:30 – 11:30 Laughter Yoga ACT 1 – 3 Monthly Movie: <i>Jumanji: Welcome to the Jungle</i> AUD 3 – 5 Monthly Movie: <i>Jumanji: Welcome to the Jungle</i> LG	10:30 – 12 Stamp Collectors Meet ART-S
9 – 10 † Aerobic Dancing – Lite! ACT 9:30 – 10:30 † Heart Coherent Tai Chi Kung DS 10:30 – 11:30 24K Zumba Gold with Saleemah ACT 11 – 12 † Better Balance & Mobility DS 11:30 – 12:30 † Master Stress & Pain without Drugs MP 1 – 2 † Better Balance & Mobility DS 1 – 3 Senior Readers' Theater ART-S 1:30 – 3 Morningstar Investment Education Lecture: Morningstar Fund Investing Basics ACT 2:45 – 4 † Yoga: Intermediate with Visualization AUD 3 – 4:15 † Gentle Yoga DS	9 – 10 † Aerobic Dancing – Lite! ACT 9 – 2 * Ask the Attorney 119 9:45 – 10:45 † Live Long: Do Qigong! DS 10 – 3 * Low-Vision Consultations 119 1 – 3 Armchair Theater: <i>Learning to Drive</i> LG	9:30 – 10:30 † Better Balance & Mobility DS 10 – 11:15 Google Maps – Part 2 - NEW! ACT 10 – 12 * Ask the Pharmacist 119 10:45 – 11:45 † Better Balance & Mobility DS 1 – 2:15 Google Earth – Essentials - NEW! ACT 1 – 3:15 Seaside Singers Practice resumes AUD	9 – 10 † Aerobic Dancing - Lite! DS 9 – 11:30 † Intermediate Watercolor ART-S 10 – 11:30 Seminar: <i>How to Prevent Another Fall</i> ACT 10 – 1 * HICAP Health Insurance Counseling 120	1:30 – 3 English Conversation Classes MP
9 – 10 † Aerobic Dancing – Lite! ACT 9:30 – 10:30 † Heart Coherent Tai Chi Kung DS 10:30 – 11:30 24K Zumba Gold with Saleemah ACT 11 – 12 † Better Balance & Mobility DS 11:30 – 12:30 † Master Stress & Pain without Drugs MP 1 – 2 † Better Balance & Mobility DS 1:30 – 3 Morningstar Investment Education Lecture: The Morningstar Monthly Reader ACT 2:45 – 4 † Yoga: Intermediate with Visualization AUD 3 – 4:15 † Gentle Yoga DS	9 – 10 † Aerobic Dancing – Lite! ACT 9:45 – 10:45 † Live Long: Do Qigong! DS 10:30 – 11:30 Successful Aging in Place: <i>Healthcare Options</i> ACT 1 – 3 Armchair Theater: <i>A Dog's Purpose</i> LG	9:30 – 10:30 † Better Balance & Mobility DS 10 – 11:15 Google Photos – Tips and Tricks ACT 10 – 12 * Ask the Orthopedic Surgeon 119 10:45 – 11:45 † Better Balance & Mobility DS 1 – 2:15 Backup Strategies ACT 1 – 3:15 Seaside Singers Practice AUD	9 – 10 † Aerobic Dancing - Lite! DS 9 – 11:30 † Intermediate Watercolor ART-S 10 – 12 * Hearing Screening & Hearing Aid Adjustments Screening 119	1:30 – 3 English Conversation Classes MP



Transportation Services
• Daily lunch program at the Carlsbad Senior Center
• Medical appointments, excluding ongoing therapy
• Requested donation is \$2 each way

• Registration and transportation reservations are required
• Shopping at Walmart and Stater Bros./Trader Joes is available on alternating Wednesdays after lunch
• Call 760-602-4650 for reservations and schedule information



Saturday Classes and Activities

Ping Pong	Sept. 1 & 8	9 – 12:30	ACT
Fitness Room	Sept. 1, 8, 15, 22 & 29	9 – 1	ACT

* Pre-registration required
** Pre-register with MiraCosta (760-795-8710)
† Fee-based activity

Newsletter now online! Subscribe to the newsletter online. Go to: www.carlsbadca.gov/parksandrec and click on "sign up for our email newsletter" and follow directions on screen.